

The **"Love your Bones conference"** is your most comprehensive local patient and public conference for Bone Health and Osteoporosis education.

We are very fortunate that local Doctors, Health Care Professionals and the National Osteoporosis Society are committed to providing members of the local community with accurate, up-to-date information about the diagnosis and treatment of bone health and osteoporosis.

Over the past 9 years the conferences have attracted a total audience of around 4,000 – please book early.

Reasons to Attend

Learn and Hear about:

- **osteoporosis risk factors** so you can make both life style and health care choices
- **treatment options** and outcomes from clinical trials and research
- **answers to your questions** from a wide variety of speakers and exhibition stand holders
- **submit your specific questions** to our experts in Bone Health, Osteoporosis and patient support
- **Meet other people** living with bone health and osteoporosis

We look forward to meeting you again on the 24th June 2015.

Dr Steven You Min Consultant Rheumatologist

Colin Beevor Matron and Service Manager

Dr Annie Cooper Consultant Rheumatologist

Sr Joanne Sayer Senior Sister & Clinical Leader

Mrs Margo Berry Chair person- Portsmouth and district NOS Group

Programme

- 09:00** Registration and Exhibition
- 09:15** Optional talk - Back to basics - What is Osteoporosis- for newly diagnosed patients or those new to Osteoporosis
- 09:45** Welcome
- 10:00** Exercise to reduce pain & preventing falls
- 10:45** Back Pain – Osteoporosis or Osteoarthritis
- 11:30** Refreshments and Exhibition
- 12:00** 12 months on.... Fracture Liaison Service Update - Your local National Osteoporosis Support group
- 12:30** So you think you know what the NHS is.... How you can get involved in decisions made about your NHS
- 13:00** Men get osteoporosis too
- 13:30** Lunch and Exhibition
- 14:15** Research- Pain and Osteoporosis
- 15:00** Refreshments and exhibitions
- 15:20** Osteoporosis and Pain Medication Update
- 16:00** Closing remarks - Colin Beevor

Top Tips for delegates

- Take every opportunity to visit the variety of exhibition stands to find out about other local services supporting you in the community
- Refreshments and light snack lunch provided, sorry we are unable to accommodate special dietary needs
- Bring a cushion if you find conference chairs uncomfortable to sit on
- Hear Loop system provided
- Ask a family or friend to attend with you – please register them with your own registration form

I would like to know the answer to the following Bone Health / Osteoporosis Question.

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1 in 5 MEN

1 in 3 WOMEN

over the age of 50 will suffer a fragility fracture in their remaining lifetime.